Food Habits

The lecture's structure

- Introduction
- Aim
- Primary Occasions
- Types of Food
- Prohibited Food
- Food Customs

Introduction

Aim

The aim of this lecture to give a clear understanding of the food habits in Arabic society.

Primary Occasions

- Birth
- Weddings
- New house, graduation …etc.
- Ramadan
- Religious feasts
- Guests
- Reconciliation
- Death

Types of Food

- Daily life
  - Meal Times
  - Types of Food

???????	OLD	NEW
WHEN	3 meals - Breakfast at 6-9 am. - Lunch at 1-2 pm. - Dinner at 8-9 pm.	2 Meals + a Coffee - Coffee 9-10 am - Lunch 3- 4 pm - Dinner 9- pm
WHAT	- Breakfast (bread, milk products, eggs, honey, fooll, hommos, flafel , tea). - Lunch (bread, rice, stew, lamb, chicken, vegetables) - Dinner (similar to breakfast)	- Breakfast(coffee+cookies) - Lunch (similar to OLD+ restaurant food) - Dinner (restaurant food+ snacks)
WHERE	- at home	- at home + restaurants
HOW	- Using hands and sitting on the ground	- using utensils and sitting at tables

Prohibited food for Muslims

- Pork, alcoholic beverages.
- Many kinds of wild animals, domestic animals and birds.
- All dead animals.
- If the eatable meat is not slaughtered the Islamic way. (Halal Meat)

Food customs

- Accept any invitation.
- Pray before eating.
- Eat with the right hand.
- Eat together as group (favorable).
- Eat without criticising the food.
- Eat from your side of the dish without being greedy.
- Talk only superficially during a meal, serious discussions are reserved for afterwards.
- To praise the host when you finish, and to thank him and his wife although not directly.
- And to reciprocate the invitation.

Questions